



# Avoid the Defenders PE Home Learning



Can you play fairly and keep the score?

## Time to Learn:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the defenders.
- Can you dribble using your feet, from the starting point, around the marker and back avoiding the defenders?
- If you dribble around the markers and back you score one point. If you hit a defender they score one point. The first to score five points are the winners.



### Start with three defenders.

Only add more defenders when you find the activity easy.



### How many points can you score?

Every time you hit a defender take a point off.



### Play against someone else.

Who can score the most points after three minutes?



## Top Tips

### Dribbling: Feet

- Keep the ball close to you, use small touches.
- Try to use the inside and outside of your foot to keep control.



## Let's Reflect

- Why did you need to keep the ball close to you?
- What did you learn after each run through to help with the next dribble?